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**Preliminary Clinical and Psychological Studies on a New Benzodiazepine Derivative
(Nobrium) in Dermatology**

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General Introduction - Review of Literature on this Subject

There are several dermatoses for which many Authors highlighted the importance of neurotic factors, and in particular, of conditions of anxiety, as an accompanying pathogenic condition. The study of the relationship between neurosis and dermatosis, which was performed with methods recalling Freudian and post-Freudian analytical teachings, can only be considered to be at the very earliest stages. Other isolated cases of psoriasis in children were studied from the standpoint of in-depth psychology by Mazzonis, in the Dermatology Clinic of the University of Turin. Recently, in the Dermatology Clinic, and in the Institute of Psychology of the Catholic University of Rome the problem of the relationship between psoriasis and psychological conditions was expanded and examined in depth by Ancona, Ormea, et al. For a long time, in the Dermatology Clinics of the University of Florence (Scolari and his students), and of Bologna (Manganotti and his students) the psychosomatic dermatosis has been the focus of interesting research.

In the framework of the study of the relationship between skin and the nervous system - something in which our school is particularly interested - it seemed to us to be of interest to carry out a clinical and psychological examination of the effects of a derivative of benzodiazepine, known as preparation RO-4556, and sold under the name of Nobrium, when administered to some patients affected by various dermatoses.

From information given to us by Roche Company, producer of the drug, it appears that in experiments on different species of animals, Nobrium was demonstrated to have a calming, myorelaxant, and anti-convulsive action, without any sedative/hypnotic effects at the therapeutic dosages.

At the Roche Laboratories, acute and chronic toxicity tests were carried out on mice, rats, rabbits, and dogs. At the therapeutic effective dosage, Nobrium has a vast therapeutic index. The control of teratogenic action on rats demonstrated that the drug is well tolerated by the fetus.

During the preliminary investigations, that in some cases were prolonged up to a maximum duration of 26 weeks, the drug was well tolerated up to a daily dose of 120 mg by mouth.

Later, the compound was tested on a large scale, mostly in psycho-neurotic afflictions with different etiologies.

From the literature data on this subject available to us (some not yet published) we can deduce some facts deserving of mention that we can summarize. Bernstein, Hughes, Forney tested Nobrium's action on the motor and mental spheres of man, both by itself, and in association with alcoholic substances or with a placebo. The results, obtained from 16 medical school students and physicians who volunteered for this study, clarified that the drug both by itself or in association with the substances mentioned above does not have any negative side effects on the motor and mental spheres.

The author Krakowski, testing Nobrium on 42 psychiatric patients, obtained good results in 38 patients: he considered this drug to be as an excellent sedative in anxiety and depressive disorders with almost no adverse side effects. Further investigations carried out by the same author on 64 patients, allowed him to confirm that the drug is very effective when "anxiety and tension constitute the original components of the disease."

Mirone and Violante, in a recent study, after a brief examination of various interpretations of cenaesthesia and cenaesthesiopathies, report their experience on the use of Nobrium on 53 patients, 26 of which had a common hypochondriac-cenaesthesiopathic symptomatology, that allowed the application of the definition of "hypochondriac neurotic conditions." In this group, the results of Nobrium's action must be considered good, while in the other 27 patients, in which the cenaesthesiopathic symptomatology was due to heterogeneous psychiatric affections, the results were modest.

Erol Ueer examined Nobrium's action on 23 mentally retarded children with emotional disorders. In all the children the drug determined a certain improvement in their behavior. The side effects that were noticed were somnolence, ataxia, agitation, dry mouth. This author insists in pointing out the relationship existing in mentally retarded children between the reduced ability to learn and afflictions in the emotional sphere, and he insists on the usefulness of further investigations with drugs such as Nobrium, that by diminishing anxiety and tension cause improvements in behavior and facilitate the education in general of such children.

R. Claude and B. Pillegand studied Nobrium's action on 47 subjects affected by gastrointestinal syndromes. The good results obtained – such as the diminished anxious state, improvements in mood and alertness – even though difficult to evaluate, and subject to errors in judgment – allow to confirm the interest in sedatives in gastroenterology, and to recommend their wide use.

De Marino and Stella obtained good results using Nobrium on 27 hospital patients affected by neurotic disorders: a particular therapeutic effectiveness was noticed in the somatic afflictions caused by a neurosis, that were either completely overcome or greatly diminished.

In two reports presented at the Fifth Latin-American Convention of Psychiatry and at the Eighth Colombian Convention of Psychiatry, J. Caruso Madalena and Ubirajara Caldes reported the results obtained with Nobrium in patients affected by anxious-depressive syndromes. When comparing other drugs with Nobrium, this medicine showed to be far superior as an anxiolytic.

Also Cherpillod, Jordan and Dick of the Psychosocial Center of the University of Geneve (Switzerland) found a favorable and statistically significant effect of Nobrium on anxiety and its psychomotor manifestations.

Personal Investigations and Their Objectives

The clinical investigations we performed were preliminary or orientative. Even if we were focusing our attention on one disease, psoriasis, the object of our previous researches, in this first set of investigations we examined patients affected by very different dermatological diseases, as it can be seen in the medical records we report in full.

On one side, we studied Nobrium's action on the subjective and objective clinical course of dermatoses. However, it was not possible – for obvious reasons – to use Nobrium by itself. Even if from a general standpoint we tried – as far as possible – not to associate it to other therapies – for several dermatoses it was necessary to use from the beginning an external therapy, such as packs, creams, pastes or pomades. All this makes the action of Nobrium on the objective clinical development of the disease studied practically impossible to evaluate, but an orientative judgment can be expressed on the action of the drug on the objective symptomatology for that period of time in which the medicine was used by itself, and for the dermatoses in which normally sedatives are used.

However, what interested us mostly was Nobrium's action on the psychological behavior of the patients undergoing treatment. With this aim in mind we used both direct interviews with the patient, and a set of tests, that according to our personal experience we consider the best for obtaining the greatest number of data on the possibility of knowing the personality of the patient in its normal expressions and in its pathological expressions; and to evaluate his intelligence quotient.

The Test is a method of investigation that turns out to be of valid help in formulating a diagnosis and in planning the therapy, and sometimes it can be a key tool to express an orientative suggestion. The Test technique posits the unity of an individual personality, structured according to its own "Gestalt", that, stressed by the stimuli proposed by the Test, gives an answer reproducing expressions of that personality. The answer in turn is also structured according to a major or minor, or even missing degree, of maturity reached by the subject under examination, and according to his success or lack thereof in fitting into his environment.

The patient being examined projects himself on the material offered by the Test. This projection is an unconscious process used as a defense against unconscious tendencies that keep the subject in an anxious state. The Tests are an occasion to express not only unconscious fantasies, but also known tendencies of the subject, who, under the stimuli of the Test, offers when requested by the examining physician his own motivations, perceptions, attitudes, ideas and emotions. As we said, the person manifests

himself in his components: physiological, psychological, biophychosocial structures with the interactions in the Field in which the personality acts.

The projection techniques have the objective to organize the subject's personality and behavior in the most rapid interpretation possible. Rather than using the Tests on intelligence, we used the projection Tests, and among these we chose Rorschach, T.A.T., Bender, Machover-Figueras, and Düss.

Summary of Individual Clinical-Psychological Medical Records

Patient: D. V. *Age:* 61 years. *Sex:* Male. Laborer

Admitted to the clinic on November 15, 1968

Description of initial clinical condition: Erythematous vesicular lesions, some exudative, some with scaly scabs are noticed on the back of the hands, in the interdigital space, on the forearms. Some lichenified spots are also present. Intense pruritus on the affected areas.

Diagnosis of the main disease: Eczematous contact dermatitis.

I.Q.: 90

Initial psychological profile: The patient shows the typical signs of intoxication (alcohol, nicotine) producing regressions, confusion, tremors, depression with inability to undergo an in depth examination, in spite of the good will he manifests.

Fatigability. Tests: Bender (Machover).

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 10 mg per day for 30 days. No other internal therapy. External therapy with oil paste and cortisone pomades.

Clinical picture after 10 days of therapy: Complete lack of pruritus. Significantly reduced exudation. Diminished desquamation.

Psychological profile after 10 days of therapy: A slight modification of the psychological condition, such as less confusion, is noticed, even though the symptoms previously found remain unchanged. Pronounced fatigability.

Clinical picture at the end of therapy: After 30 days, when he was discharged a complete clinical recovery was obtained.

Psychological profile at the end of therapy: Diminished confusion and greatly diminished tremor. The state of fatigability remains.

Patient: D. S. *Age:* 47 years. *Sex:* Male. Customs Officer

Admitted to the clinic on November 27, 1968

Description of initial clinical condition: He presents in the interdigital spaces and on the back of his hands small nummular erythematous spots covered with small blisters. Some of the blisters have a broken dome with serous exudation.

Diagnosis of the main disease: Eczema on the hands.

I.Q.: 90-100

Initial psychological profile: Integration of personality slightly defective because of emotional instability: impulsiveness, controlled with difficulty. Excitability fed by fantasy and impeded by social behavior. Intellectual capability non-expressed. Neurosis caused by anxiety; significant tension caused by fear with a sense of impending disaster. Tests: Bender, Machover, T.A.T., Roschach.

Pharmacological therapy. Preparation used: Nobrium Roche.

Daily dose, and length of therapy: 10 mg per day for 14 days. Internal therapy, only Nobrium during his stay in hospital. Local therapy with water based paste, oil based paste and cortisone creams.

Observations: Good appetite and good sleep, the anxious state continues, but it has the tendency to decrease after 5 days.

Clinical picture after 13 days of therapy: Noticeable improvement of the lesions on the hands. He still has a moderate desquamation.

Psychological profile after 13 days of therapy: Some decrease of anxiety, and improvement in the communication relationship both internal and with the outside world. Clarified intelligence to some extent.

Clinical picture at the end of therapy: After 16 days of hospitalization, since the dermatosis was clinically recovered, the patient was discharged on his request.

Psychological profile at the end of therapy: Discharged before the date requested by his psychologist.

Patient: T. S. Age: 36 years. Sex: Female. Housewife

Admitted to the clinic on October 3, 1968

Description of initial clinical condition: She has several erythematous scaly spots, as large as a lentil and some confluent, on her legs, bilaterally and on her arms, also bilaterally. Moderate pruritus.

Diagnosis of the main disease: Psoriasis of the limbs.

I.Q.: 90-80

Initial psychological profile: The patient in a psychological examination demonstrates scarce thinking capacity, and a scarce capacity for synthesis and for the expression of valid judgements. A similar scarcity can be found in the affection sphere, while the prevalence of an aggressive impulsiveness is noted. Psychopathic personality or brain damage. Tests: Bender, Machover, Roschach.

Pharmacological therapy. Preparation used: Nobrium Roche.

Daily dose, and length of therapy: 10 mg per day for 8 days. No other therapy was used.

Observations: An otorhinolaryngology examination revealed the presence of a focal tonsillitis. Therefore a tonsillectomy was advised.

Clinical picture after 8 days of therapy: Without any other therapy except Nobrium a decrease in pruritus was noticed. The clinical picture does not present substantial modifications, except a moderate decrease in desquamation.

Clinical picture at the end of therapy: After the tonsillectomy surgery on October 4, 1968, the patient was discharged on October 18, 1968, clinically recovered.

Psychological profile at the end of therapy: The patient did not return, as she promised, a few days after discharge, and therefore, it was not possible to perform other psychological examinations.

Patient: S. L. Age: 52 years. Sex: Male. Plumber

Admitted to the clinic on November 30, 1968

Description of initial clinical condition: He presents on both hands small nummular spots, partly covered by blisters, partly by scabs and scaly scabs. He also

presents small yellowish scabs on his hands. Moderate exudation. Intense pruritus. Insomnia.

Diagnosis of the main disease: Eczematous dermatitis on the hands.

I.Q.: 80-85

Initial psychological profile: The patient has a low intelligence level and a rather impoverished personality structure. From the tests, deep traumas appear as regression factors, so as to suspect that some organic component intervened to aggravate the present psychopathologic condition, that can be defined as a Psychopathic Personality. Tests: Bender, Machover, T.A.T., Roschach.

Pharmacological therapy. Preparation used: Nobrium Roche.

Daily dose, and length of therapy: 10 mg per day for 30 days. No other general therapy. Local therapy after 3 days, packs with a solution of silver nitrate 1:500, cortisone and antibiotic creams.

Observations: He undergoes a neurological analysis.

Clinical picture after 9 days of therapy: The pruritus stopped, the patient sleeps better. Reduced exudation. He still has small scabs and scaly scabs on the back of his hands.

Psychological profile after 9 days of therapy: Improvement in the gelstatic function, and the intellectual level is modified and tends to a greater clarity, the aggressive factor has decreased, but anxiety is slightly increased. Sexual impotence, modification in some impulses that change into insecurity, contempt and self-criticism factors.

Clinical picture at the end of therapy: After one month an almost complete regression of the cutaneous symptomatology is reached. Only a moderate dandruff like desquamation of the hands remains. He is discharged from the hospital on November 9, 1968 clinically without any cutaneous lesions.

Psychological profile at the end of therapy: He feels a general feeling of greater well being and internal tranquillity. Better social relationships, and improved internal harmony among the various psychic components. The intellectual level, even with slight modifications, remains rather low.

Patient: N. P. *Age:* 11½ years. *Sex:* Male. *Student*

Admitted to the clinic on November 23, 1968

Description of initial clinical condition: On his trunk and on his upper and lower limbs small erythematous scaly spots with noticeably whitish scales. Auspitz clearly positive.

Diagnosis of the main disease: Infantile psoriasis

I.Q.: 115-120

Initial psychological profile: Facility to fall into a depressive state; anxiety and insecurity from paranoid fears. The patient has the tendency to diminish the affective dynamism and to desensitize stimuli by fearing the conflict between his impulses (significant) and his morally repressive environment (Super-Ego internalized in relation to spontaneity), and to increase in the importance given to the intellectual sphere. Tests: Bender, Machover, T.A.T., free drawing, Düss.

Pharmacological therapy. Preparation used: Nobrium Roche.

Daily dose, and length of therapy: 10 mg per day. No other internal therapy is used. Local therapy with cortisone creams starting from the fifth day.

Observations: Good sleep and appetite, later a significant delay in reflexes is noticed, so the dosage of Nobrium is diminished to 5 mg after 6 days.

Clinical picture after 10 days of therapy: Significant improvement in the local conditions. The desquamation ceases everywhere. The patient only presents small erythematous maculae with a light red color. An otorhinolaryngology examination reveals a focal tonsillitis. A tonsillectomy was advised.

Psychological profile after 10 days of therapy: The delay in reflexes is accompanied by a bradypsychia as a regression to the psychological state before the previous one with identification with a feminine figure. The paranoid fears are attenuated. There is a greater sense of security and trust.

Clinical picture at the end of therapy: The clinical lesions are cured. The patient is moved to an otorhinolaryngology clinic for tonsillectomy on December 28, 1968.

Psychological profile at the end of therapy: A greater harmony among the different components of his personality is reached. The patient allows himself to express wishes contrary to the orders. The anxious state is diminished, greater elation.

Patient: A. B. Age: 70 years. Sex: Male. Bricklayer

Admitted to the clinic on January 10, 1969

Description of initial clinical condition: He presents on his hands, arms, legs and back large exudative areas, mostly confluent.

Diagnosis of the main disease: Diffuse eczema on the trunk and the limbs.

I.Q.: 85

Initial psychological profile: This hospitalized patient demonstrates through the tests the mediocre structure of his personality in regression, aggravated by a state of anxiety that renders fluid the introperception. We can also notice a certain dynamism oscillating between the desire to flee and the impulse to express his aggressive impetus; this demonstrates the reason for his tendency to scission. Tests: Bender, Machover.

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 10 mg per day for 10 days, 15 mg per day for 10 days. Local therapy: AgNO₃ 1:500 packs, water based paste, oil based paste and cortisone creams.

*Psychological profile after 13 days of therapy:*¹ We notice that on one side there is a decrease in the tendency to scission caused by internal conflict, and also a decrease in involution, on the other hand the fluid state caused by panic and anxiety for paranoid fears is increased.

Clinical picture at the end of therapy: The patient is discharged on November 4 clinically recovered.

Patient: M. B. Age: 64 years. Sex: Male. Tester

Admitted to the clinic on November 11, 1968

Description of initial clinical condition: He presents on his trunk, buttocks and sacral area large erythematous scaly patches with whitish pluristratified scales, and other

¹ Translator's Note: The title of this paragraph and of the following paragraph are identical. The first of the two should be titled "Psychological profile". The translation reflects the correct title.

lesions of the same kind and with a serpiginous appearance. Positive Auspitz. Pruritus and insomnia.

Diagnosis of the main disease: Diffuse psoriasis.

I.Q.: 85

Initial psychological profile: The patient shows symptoms of involution with scarce intellectual capabilities. He tends to be dispersive. Aggressive and depressive symptoms. Erotic fantasies at the oral level confused with the genital level.

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 5 mg per day for 10 days. No other general therapy. Local therapy with cignoline in various dosages, and also Locotern-Tar.

Clinical picture after 10 days of therapy: The scaly component was reduced on all integument. The pruritus ceases, the patient rests longer.

Psychological profile after 10 days of therapy: A slight improvement in the intellectual capacity that causes an increase in the capacity of forming regressive erotic oral fantasies confused with genital fantasies is noticed.

Clinical picture at the end of therapy: Complete clinical regression of the cutaneous lesions. He is discharged on November 30, 1968, on his request, clinically recovered.

Psychological profile at the end of therapy: He was discharged before the date requested by his psychologist.

Patient: F. A. *Age:* 35 years. *Sex:* Female. Child care specialist.

Admitted to the clinic on November 12, 1969

Description of initial clinical condition: The patient presents on her face and especially on the right cheek and on the nose a significant edema with intense erythema. The skin has a vivid red color. There also small yellowish (ill.) scabs. Burning and heat sensation.

Diagnosis of the main disease: Erysipelas of the face.

I.Q.: 80-90

Initial psychological profile: The patient presents clear signs of neurosis caused by depression possibly accompanied by other psychological factors. The psychological possibilities are inhibited and tend to be suppressed by these factors and by deeply suffered affective traumas. Hypochondriac fears. Tests: Bender, Machover, Roschach.

Pharmacological therapy. Preparation used: Nobrium Roche.

Daily dose, and length of therapy: 10 mg per day for 20 days. Also prescribed is a therapy with oral broad spectrum antibiotics.

Clinical picture after 7 days of therapy: The symptoms noticed at the first examination did not undergo any noticeable changes. The affective factors of depression are an obstacle to use her motor and intellectual capabilities.

Clinical picture at the end of therapy: On (ill.) 14, 1969, the patient is discharged, and recovered from a clinical point of view.

Psychological profile at the end of therapy: The patient shows a strong opposition to the task requested. However, it is possible to notice an improved state in the internal perception, as if the affective sphere had received greater possibilities of expression.

Patient: C. S. *Age:* 20 years. *Sex:* Female. Corporate secretary

Admitted to the clinic on October 13, 1968

Description of initial clinical condition: She presents on her face and back a few comedo lesions, several whitish follicles and pustules, from which a purulent matter can be expressed.

Diagnosis of the main disease: Adolescent polymorphous acne.

I.Q.: 100 later 120

Initial psychological profile: The patient examined reveals an overbearing personality that wants to assert itself; since this assertiveness is impeded both by a diffuse anxious state and by what persists as a consequence of a non-eutocic birth (the patient was born cyanotic). The severe Super-(ill.) requests cause the patient to project herself as a male figure. This in its turn causes a severe conflict between reality and fantasy, with harm to all her psychism. Tests: Bender, Machover, Roschach, 3 T.A.T.

Pharmacological therapy. Preparation used: Nobrium Roche.

Daily dose, and length of therapy: 10 mg per day for 30 days.

Clinical picture after 10 days of therapy: Unchanged clinical lesions. No internal therapy is prescribed except for Nobrium, but topically sulfuric pastes with increasing concentrations, and an aureomycin ointment are used.

Psychological profile after 10 days of therapy: We can notice in the patient a certain degree of diminished tension manifesting itself in an increased internal harmony, although the projection of an opposite sex figure persists, the receptivity is increased and this aids the intellectual sphere. Feelings of anxiety and aggressive tendencies remain. A reduced tendency to conglomerate and a certain progressive approach to accepting the exterior reality as such in its manifestations (not in its essence).

Clinical picture at the end of therapy: Significant regression of clinical lesions. Regression of follicular and pustular lesions. The comedo lesions remain. She is discharged on October 29, 1968.

Psychological profile at the end of therapy: She did not come for the appointed interview or later because of a death in her family.

Patient: S. M. *Age:* 50 years. *Sex:* Male. Clerk

Admitted to the clinic on December 4, 1968

Description of initial clinical condition: He presents large bullae on all his integument. Also his mouth mucous membrane is affected. Burning and heat sensation. Insomnia.

Diagnosis of the main disease: Common pemphigus.

I.Q.: 105

Initial psychological profile: The patient reveals a hypomanic state characterized by fantasies of superpower, together with anxious states. The projection of his personality in a female sex figure indicates deep disturbance in his sexual activity that has not reached a good maturity. Aggressive and evasive processes with a tendency to fragmentation of intellectual capabilities Tests: Bender, Machover.

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 10 mg per day for 10 days. For 3 days during which examinations are performed, he is treated only with Nobrium. Topically: Packs with a solution of silver nitrate at 1:1000.

Observations: After 3 days an intravenous therapy with large doses of cortisone is prescribed together with multivitamin preparations.

Clinical picture after 3 days of therapy: No changes in the skin affections. The burning and heat sensation is diminished. The insomnia has improved.

No other psychological examinations could be performed, because due to the worsening of his general conditions, his relatives asked to move the patient to his home.

Patient: I. B. Age: 51 years. Sex: Female. Laborer.

Admitted to the clinic on November 7, 1969

Description of initial clinical condition: At the moment of admission, she presents small exudative areas, nummular in dimensions, on the back and on the palms of her hands, some confluent. A few vesicles are visible at the periphery of the areas, together with some scaly scabs.

Diagnosis of the main disease: Eczematous dermatitis.

I.Q.: 105

Initial psychological profile: The patient reveals serious perturbations in the structural cohesion of her personality; as a reaction to danger, on one side she indulges in a significant logorrhea and bradypsychia, and on the other side she looks for control and support by anxiously demanding extreme precision and communication. Her intellectual capacity, already good, indulges in musing. Tests: Bender, Machover.

Pharmacological therapy. Preparation used: Nobrium .

Daily dose, and length of therapy: 10 mg per day for 10 days. For 10 days no other internal therapy. Later she receives a Vitamin B complex via intramuscular injections; polyanxiolytics: 12 mg per day by mouth, Vitamin A by mouth. Local therapy: oil based pastes or cortisone creams.

Clinical picture after 10 days of therapy: The eczematous lesions have not evenly improved. Diminished exudation, but the vesicles and the scaly scabs persist.

Psychological profile after 10 days of therapy: No changes in logorrhea, however we can notice that her escape reaction when faced with the acknowledgment of her internal state in danger of losing contact with the external sphere has diminished. There is an increase acceptance of reality, and a lower paranoid defense and she is less dispersive.

Clinical picture at the end of therapy: At the date of discharge, March 2, all the clinical lesions have regressed, and the patient can be considered clinically recovered.

Psychological profile at the end of therapy: A slight increased composure of this perturbed personality can be noticed.

Patient: D. G. Age: 40 years. Sex: Male. Laborer.

Admitted to the clinic on September 23, 1968

Description of initial clinical condition: He presents nummular and lenticular erythematous areas on his hands, forearms and on parts of his arms, some covered with vesicles, some with scaly scabs, some quite exudative.

Diagnosis of the main disease: Eczematous dermatitis.

I.Q.: 85-90

Initial psychological profile: The patient has an extremely sensitive and overly excitable personality. He shows inhibition of his aggression that is revealed by tremors.

Fears of paranoid type. Slight confusion producing a regression in the intellectual sphere.
Tests: Bender, Machover, Rorschach.

Pharmacological therapy. Preparation used: Nobrium Roche, 10 mg.

Daily dose, and length of therapy: 10 mg per day for 10 days. No other internal therapy except Nobrium. Topically a therapy with pack of silver nitrate 1:500 was prescribed, and later oil based paste and cortisone creams.

Observations: The sleep has improved; pleasant state of calm, better appetite.

Clinical picture after 10 days of therapy: The lesions on his hands and forearms have regressed. There still are a few erythematous and scabby spots on his arms.

Psychological profile after 10 days of therapy: A decrease in anxiety with increase in bradypsychism. Decreased excitability and aggressive impulses. A slight regression in the intellectual sphere.

Clinical picture at the end of therapy: On October 7, 1968, the patient is discharged, because he has to resume his work. He was remarkably improved from a clinical point of view.

Psychological profile at the end of therapy: Since the patient was discharged before the term prescribed no other psychological examinations could be performed.

Patient: N. P. *Age:* 51 years. *Sex:* Female. *Laborer.*

Description of initial clinical condition: She presents several pustular lesions and small yellowish meliceris scabs on both her hands and on her face.

Diagnosis of the main disease: Pyoderma on her hands and face. Secondary eczema.

I.Q.: 80-85

Initial psychological profile: The hospitalized patient presents very deep regressive symptoms with a tendency to dispersal of her personality structure, with affective lability, oversimplification and intellectual confusion; marked stereotypy and hypochondriac fears. Psychopathic personality in regression. Tests: Bender, Machover, Rorschach.

Pharmacological therapy. Preparation used: Nobrium Roche.

Daily dose, and length of therapy: 10 mg per day for 10 days. No other internal therapy except Nobrium. Instead, after the examination, she is prescribed a topical therapy with an aureomycin ointment.

Clinical picture after 10 days of therapy: Most of the small yellowish meliceris scabs have disappeared, and the pustules have desiccated, there is still a moderate scaling and a basic erythema. At the periphery of the old lesions some vesicles can be noticed.

Psychological profile after 7 days of therapy: A slight modification of her internal state can be noticed, such as less structural lability, an increased capacity to use her intellectual sphere, the passage from a phase of slight stupor to an increased initiative, and the possibility to express her aggressive instincts. The projection of the human figure is male, thus expressing the deepest identification of this psychopathic personality.

Clinical picture at the end of therapy: On December 6, 1968, the patient is discharged, clinically recovered, since also the vesicular lesions that appeared later, have regressed after local therapy with cortisone preparations.

Psychological profile at the end of therapy: Her personality structure has undergone some changes, continuing to show more decision and integration. The regression is less deep, and affectivity more contained, since the Ego of the patient has strengthened and has become less dispersive. However, the diagnosis of a psychopathic personality is still valid.

Patient: E. P. *Age:* 64 years. *Sex:* Female.

Admitted to the clinic on January 10, 1969

Description of initial clinical condition: She presents large erythematous scaly areas on her elbows and knees. Nummular and lenticular erythematous scaly areas are visible also on all her trunk. Also some lesions on her scalp. The patient feels depressed and has insomnia.

Diagnosis of the main disease: Diffuse psoriasis.

I.Q.: 90

Initial psychological profile: The patient is in a state of deep depression, partly due to the realization of the impossibility to acquire value in her environment, and partly to the stifling of every impulse and the impossibility to express her feelings and her will. Low intellectual level and signs of involution.

Pharmacological therapy. Preparation used: Nobrium Roche.

Daily dose, and length of therapy: 10 mg per day for 10 days. No other general therapy. Topically a therapy with cignoline and cade oil in different dosages, and calomel (mercurous chloride) at 5% on her scalp.

Clinical picture after 10 days of therapy: The patient feels less depressed and sleeps all night. Most of the cutaneous lesions have regressed. The patient had to be discharged on January 21, 1969 for serious personal reasons and, therefore further psychological examinations could not be performed.

Patient: C. V. *Age:* 26 years. *Sex:* Female. Family Assistant.

Admitted to the clinic on October 4, 1968

Description of initial clinical condition: She presents on her left arm and the left opisthotic area some small spots as large as a walnut, with sharp contours and with an erythematous center covered with several overlapping scales. Positive Auspitz.

Diagnosis of the main disease: Psoriasis.

I.Q.: 100-105

Initial psychological profile: The patient presents the typical symptoms of hysteric neurosis, manifesting both in colpismus and in somatization of derma. Her personality aspects are ambiguous, oscillating between manifestation of infantilism and feelings typical of an adult. Emotional instability, aggressiveness, slight hypochondriac fears and depression. Tests: Bender, Machover, Rorschach, T.A.T.

Pharmacological therapy. Preparation used: Nobrium Roche.

Daily dose, and length of therapy: 10 mg per day for 18 days. No other internal therapy is prescribed. After 5 days, she is treated topically with Ultralan and cignolin in different dosages from 1:1000 to 1:300.

Clinical picture after 15 days of therapy: Significant regression of the erythematous scaly areas on her arm and the opisthotic area. The scaling has almost entirely disappeared.

Psychological profile after 15 days of therapy: It is possible to notice an increase in her depressive state, with a greater stabilization of affective spheres. The increased anxiousness appears to cause a decrease in the intellectual sphere and a slight confusion. Fears of hypochondriac character.

Clinical picture at the end of therapy: Marked regression of the lesions after 20 days of therapy. She is discharged as clinically recovered on October 31, 1968.

Patient: A. M. *Age:* 20 years. *Sex:* Male. Laborer.

Admitted to the clinic on October 3, 1968

Description of initial clinical condition: He presents nummular (1 inch) maculae on his trunk, on the upper and lower limbs, with vesicles around the periphery, largely exudative.

Diagnosis of the main disease: Eczema madidans.

I.Q.: 105

Initial psychological profile: The patient shows (ill.)asthenic characteristics, as a result of an internal conflict between particularly aggressive tendencies and an excessive consciousness, from which an abnormal fastidiousness, a tendency to stutter, a propensity to melancholia and an over compensation through fantasies of greatness and superpower are derived. Tests: Bender, Machover, Rorschach.

Pharmacological therapy. Preparation used: Nobrium Roche.

Daily dose, and length of therapy: 10 mg per day for 10 days. Associated therapies are topical packs with a solution of silver nitrate 1:500, and cortisone ointment. Clinical recovery of skin lesions after 10 days. He is discharged on October 14, 1968.

Observations: He was discharged with 10 caps, and was invited to return, but he never did.

Patient: F. S. *Age:* 40 years. *Sex:* Male. Farmer

Admitted to the clinic on November 11, 1968

Description of initial clinical condition: On the entire trunk and on his limbs, he presents erythematous scaly areas of different configurations, mostly confluent. Significant scaling on his scalp.

Diagnosis of the main disease: Diffuse psoriasis.

I.Q.: 80-90

Initial psychological profile: The patient presents perception characteristics which are revealed by the tests utilized, that suggest a differentiated analysis (such as regression, tendency to agglomeration, wrong relationship among the Gestalt elements, the enumeration of colors, micrography, simplification of the body image – which is emptied, and uncoordinated aggressiveness. Tests: Bender, Machover, Rorschach.

Pharmacological therapy. Preparation used: Nobrium Roche.

Daily dose, and length of therapy: 10 mg per day for 10 days. After 5 days a topical therapy with cignolin, first at 1:1000 and later at 1:100, and on the scalp, calomel 5% is prescribed.

Observations: The psychological study is interrupted, and the patient is sent for a neurological examination.

Clinical picture after 10 days of therapy: The scaling on all the tegument is greatly reduced. The erythema persists. Severe scaling on the scalp.

Clinical picture at the end of therapy: After 21 days the dermatosis has greatly regressed. Clinical recovery of dermatosis at the moment of discharge on October 30, 1968.

Patient: F. F. *Age:* 16 years. *Sex:* Male. Farmer.

Admitted to the clinic on September 10, 1968

Description of initial clinical condition: He presents on his face several blackish comedo and pustular lesions, especially on his forehead, nose and chin. There are also some follicular and pustular lesions – although less numerous – on his neck and on the interscapular area. Lack of appetite. Feeling of easy fatigability.

Diagnosis of the main disease: Polymorphous acne.

I.Q.: 100

Initial psychological profile: A very significant panic state caused by the fantasized possibility of aggression coming both from the external and internal worlds; hypochondriac fears; intense conflict between shyness and impulsivity having the effect of inhibiting the affective, intellectual and motor spheres. He remains at the margin of good relationship ability in his life. Tests: Bender, Machover, T.A.T., Rorschach.

Pharmacological therapy. Preparation used: Nobrium Roche.

Daily dose, and length of therapy: 10 mg per day. After 5 days topical application of Aureomycin ointment and of sulfur paste at 10% on his face, neck and interscapular area is prescribed. No other general therapy.

Observations: Sleep and appetite improve. Local conditions have improved, in particular the pustules and follicles.

Clinical picture after 14 days of therapy: Comedos are still present on his face, neck and back, the follicular and pustular lesions have recovered. A general therapy with 4 capsules a day of Chemicetine is prescribed.

Psychological profile after 14 days of therapy: I can notice a greater possibility of expressing his feelings due to the subsidence of some of his defenses organized to face his hypochondriac and paranoid fears. A certain degree of mistrust in his own possibilities remains, caused by an rather impoverished Ego. Shyness.

Clinical picture at the end of therapy: Clinically recovered from all the lesions. He is discharged on October 30, 1968.

Psychological profile at the end of therapy: An improvement in the possibility of establishing communication, a certain increase in his self confidence. Some difficulties in the intellectual sphere, and some situations of hypochondriac fears remain.

Patient: T. P. *Age:* 15 years. *Sex:* Female. Laborer.

Admitted to the clinic on November 5, 1968

Description of initial clinical condition: She presents on all the teguments, but in particular on her trunk and limbs, nummular erythematous scaly areas. Diffuse pruritus. Moderate insomnia.

Diagnosis of the main disease: Nummular psoriasis.

I.Q.: 100

Initial psychological profile: The patient can be diagnosed as suffering of a neurosis from anxiety, from which she defends herself by constructing defensive barriers that greatly limit the use of her total personality; the affective sphere shows a tendency to

disperse the internal dynamism, and the intellectual capabilities are kept immobilized. Feeling of internal collapse and decay. Bradypsychism. Tests: Bender, Machover, Rorschach.

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 10 mg per day for 9 days. 10 mg per day for 10 days [sic].

Observations: No other topical or general therapies are prescribed for the first 9 days.

Clinical picture after 9 days of therapy: The pruritus has ceased, the patient often can sleep through the entire night. The erythema has decreased. Starting on the ninth day a general therapy based on prednisolone and Vitamin B complex and a topical therapy with Cignolin and with cade oil in different dosages is started.

Psychological profile after 9 days of therapy: Remarkable possibility of modification, appearing from the fact that the sense of anxiety based on the prohibition of instinctive sensations has decreased. An expansion of each sphere of the components of personality can be noticed; her personality is enriching and expanding even though at the base a neurosis caused by anxiety, noticed in the first interview, is persisting.

Clinical picture at the end of therapy: Clinical recovery of the dermatosis on January 17, 1969.

Psychological profile at the end of therapy: The subtle modification continues in the form of greater possibility of expansion of her personality.

Patient: A. P. Age: 49 years. Sex: Female.

Admitted to the clinic on January 27, 1969

Description of initial clinical condition: He presents on the back of her hands several erythematous vesicular areas partly confluent, and small exudative areas. Intense exudation in the interdigital areas. Moderate pruritus.

Diagnosis of the main disease: Eczema madidans.

I.Q.: 80

Initial psychological profile: The patient presents an intense anxiety and motor tremor to be attributed to exogenous factors. Psychologically she is in a state of tension caused by non permitted and non accepted aggressivity, that acts so strongly as to disturb her whole personality. Tests: Bender, Machover.

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 10 mg per day, for [missing word] days. She is treated topically with packs of a solution of silver nitrate 1:1000, and later with oil based and water based pastes, and with cortisone pomades.

Clinical picture after 10 days of therapy: The exudation has ceased everywhere. The pruritus has greatly diminished.

Psychological profile after 10 days of therapy: She refused to come for the R-test giving as a reason her state of anxiety that this test would cause her, since she thinks of it as an examination and a judgement of a persecutory super-Ego.

Clinical picture at the end of therapy: She is discharged after 23 days, clinically recovered.

Patient: M. T. Age: 63 years. Sex: Female.

Admitted to the clinic on February 9, 1969

Description of initial clinical condition: She presents on all the teguments, but especially on her elbows, knees, lower limbs and part of her trunk, large erythematous scaly areas, mostly confluent, and forming different shapes.

Diagnosis of the main disease: Diffuse psoriasis.

I.Q.: 85

Initial psychological profile: The patient shows a strong opposition against the psychological examination, that is felt as a judgement of a super-Ego; the most remarkable trait is the aggressive possibility which is constantly mortified in its expression, but satisfied at an unconscious level mostly by fantasies and dreams.

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 10 mg per day for 6 days, reduced to 5 mg per day when the topical therapy with various dosages of cignolin was started.

Observations: Because of her intense depression she does not continue.

Clinical picture after 6 days of therapy: Topical conditions have improved, with regression of most psoriasis lesions. The patients discontinues Nobrium because she feels more depressed. The psoriasis therapy continues.

Patient: M. M. Age: 62½ years. Sex: Male. Bridge worker.

Description of initial clinical condition: He presents on all his teguments pomphoid spots which are significantly raised, with a china-white color, and intense pruritus. The pomphoid spots appeared 6 days earlier.

Diagnosis of the main disease: Diffuse urticaria.

I.Q.: 80.

Initial psychological profile: The patient shows serious basic psychological perturbations on which elements of involution can act negatively. Psychological poverty, anxiousness and sense of decay. It is advisable to search for organic causes bringing about the present state. Tests: Bender, Machover.

Pharmacological therapy. Preparation used: Nobrium Roche.

Daily dose, and length of therapy: 10 mg per day for 14 days. Prescribed also an oral synthetic antihistamine. After 5 days an oral prednisone preparation is prescribed. Topical therapy with antihistamine and cortisone ointments.

Clinical picture after 14 days of therapy: The urticaria has recovered although with significant remissions (of a few days).

Psychological profile after 14 days of therapy: The initial state has worsened: there is a process of disintegration of a personality in regression.

Clinical picture at the end of therapy after 20 days: He is discharged clinically recovered.

Patient: B. N. Age: 22 years. Sex: Female. Laborer.

Admitted to the clinic on January 13, 1969

Description of initial clinical condition: She presents on her face several comedo and pustular lesions, mostly on her chin, cheeks and nose. There are similar lesions, mostly pustular, on her back. Great anxious state.

Diagnosis of the main disease: Adolescent polymorphous acne.

I.Q.: 100-105

Initial psychological profile: The patient manifests a panic condition of a paranoid character, felt as a punishment for her impulsive exhibitionism; she does not resolve this internal conflict, preferring to remain in a state of masochistic inertia. Tests: Bender, Machover.

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 10 mg per day for 10 days. External therapy with sulfur precipitate paste 10%, and salicylic vaseline 5%, and also aureomycin pomade.

Clinical picture after 6 days of therapy: Some pustular lesions have regressed. The anxious state has diminished. The patient asks to be discharged.

Psychological profile after 6 days of therapy: It could not be done because the patient wanted to be discharged.

Patient: S. S. *Age:* 18 years. *Sex:* Female. *Student.*

Admitted to the clinic on November 18, 1968

Description of initial clinical condition: At the time of admission she presents on her elbows, trunk and lower limbs several erythematous scaly patches, mostly nummular, and partly confluent. Positive Auspitz. Some pruritus.

Diagnosis of the main disease: Psoriasis.

I.Q.: 110

Initial psychological profile: The patient shows insecurity caused by traumas affecting the intellectual and affective spheres. Repression of sexual and aggressive instincts with a search for sublimation, never reached because it is not accepted by the total personality. Neurosis mixed with hysteria and obsessions. Fantasies of greatness and a strong complex of castration. Affective lability. Tests: Bender, Machover, Rorschach, T.A.T.

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 10 mg per day for 28 days. External therapy with cignolin and cortisone pomades.

Clinical picture after 9 days of therapy: The scaling of all the patches has diminished. The pruritus has ceased.

Psychological profile after 9 days of therapy: There is a decrease in her state of anxiety and a better positioning in the social sphere, with acceptance of her limitations. Less affective and intellectual lability.

Clinical picture at the end of therapy: She is discharged after 28 days clinically recovered.

Psychological profile at the end of therapy: A marked improvement both in the psychological organization and in the social relationships. The anxiety and the need to erect defense systems have decreased. More insight and permissiveness in the totality of the Ego.

Patient: M. P. P. *Age:* 20 years. *Sex:* Female. *Student.*

Admitted to the clinic on January 10, 1969

Description of initial clinical condition: She presents on her face, especially her forehead and chin, several pustules, that when expressed discharge a purulent matter. Several comedos are visible. She has insomnia.

Diagnosis of the main disease: Adolescent polymorphous acne.

I.Q.: 90

Initial psychological profile: The patient presents affective disorders, oscillating between an overbearing affirmation of her personality and a search for refuge in infantilism. The resulting personality is particularly vulnerable; she shows she has suffered psychological and real traumas. Her impulsive aggressivity is not directed toward a chosen object, but is kept in a latent state, ready to invade the Ego. Tests: Bender, Machover, Rorschach.

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 10 mg per day for 20 days.

Clinical picture after 10 days of therapy: The pustular lesions on her chin have recovered. The dermatosis on her forehead and cheeks has improved. The insomnia has ceased completely.

Psychological profile after 10 days of therapy: It seems that the state of conflict has undergone a pause, thus allowing the patient to achieve a better visualization of the outside world; in the meantime the consideration for her own Ego has developed, aided by greater possibilities in her intellectual sphere due to a decrease of her aggressive impulses.

Clinical picture at the end of therapy: She is discharged on November 3, 1969 with a regression of almost all the clinical lesions.

Psychological profile at the end of therapy: We can see a progress of the improvement in the internal relationship among the various tendencies forming this psychologically tormented personality. There is a greater trust and a subtle search for a solution to the previous aggressive impulses.

Patient: I. Ch. *Age:* 67 years. *Sex:* Male. *Surveyor.*

Admitted to the clinic on November 18, 1968

Description of initial clinical condition: He presents on his elbows, knees and the external extensor surfaces of his limbs several nummular erythematous scaly patches, with sharp contours, some isolated, some confluent. Auspitz markedly positive.

Diagnosis of the main disease: [missing]

I.Q.: 120

Initial psychological profile: The patient has an excellent and well preserved intellectual level, he shows some paranoid fears that he faces by drawing on his aggressive capacities kept at the subconscious level. Some signs of depression and fantasies of greatness can be noticed. Tests: Bender, Machover.

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 5 mg per day for 30 days. No other internal therapy. External therapy with cignolin and cade oil pomades at various dosages.

Clinical picture after 14 days of therapy: Great decrease of scaling of the lesions on all the tegument. Still present a basic erythema.

Psychological profile after 14 days of therapy: The aggressive capacity has diminished, a slight increase of the depressive state caused by the lowering of his defenses.

Clinical picture at the end of therapy: He is discharged on December 17, 1968. The dermatosis has regressed everywhere. The patient can be considered clinically recovered.

Psychological profile at the end of therapy: The patient's personality is reorganized in its excellent limits of reality, since he has avoided to continue to draw on his fantasies of greatness.

Patient: F. A. Age: 51 years. Sex: Male. Clerk.

Admitted to the clinic on November 19, 1968

Description of initial clinical condition: He presents on his trunk and at the roots of his limbs large erythematous patches, as large as an apple. Their color is brownish red, with shades toward bluish red in some areas. Moderate vesicles on the periphery of some lesions.

Diagnosis of the main disease: Erythematous toxicoderma, caused by medicines.

I.Q.: 110-120

Initial psychological profile: The patient laments a serious state of anxiety that disturbs the totality of his personality; his personality is overly sensitive and very intelligent and burdened by hypochondriac fears. Strong is his feeling of guilt and his complex of castration, felt as a punishment for his aggressiveness never expressed except in fantasies. Crisis of sexual impotence. Depression. Tests: Bender, Machover, Roeschach.

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 10 mg per day for 12 days. 15 mg per day for 5 days. After 5 days Neutalan is prescribed topically.

Observations: Lumbar injection, psychotherapy, somnolence, loss of memory, nightmares.

Clinical picture after 15 days of therapy: Clinical recovery of the skin lesions. The patient is discharged, because he starts analysis therapy.

Psychological profile after 15 days of therapy: The anxious state has improved. Nightmares and depression remain. Great improvement in his intellectual performance. Slight modification in his complex of castration.

Patient: N. O. Age: 36 years. Sex: Male. Clerk.

Admitted to the clinic on November 30, 1968

Description of initial clinical condition: He has been having for some weeks a scarce urethral secretion, especially in the morning. The microscopic examination for gonococcus is negative.

Diagnosis of the main disease: Non blenorrhagic urethritis

Initial psychological profile: The patient examined suffers a deep neurosis of anxiety that compromises the normal functioning of his personality; great obstacles to consciousness and his tendency to escape from accepting his personality is significant; as a refuge from attacks of anxiety, he attempts to go back to an infantile protected state. Tests: Bender, Machover.

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 10 mg per day for [missing word] days. Dosage diminished to 5 mg per day. Broad spectrum antibiotics.

Observations: Excessive somnolence.

Clinical picture after 8 days of therapy: Greatly decreased the uretral secretion [sic]. At the microscopic examination only rare leukocytes and exfoliation cells could be noticed.

Psychological profile after 8 days of therapy: The patient accept the interview at first, but soon after he changes his mind and opposes a firm refusal to be re-tested.

Clinical picture at the end of therapy: The patient is discharged on December 22, 1968. He is discharged clinically recovered.

Psychological profile at the end of therapy: We can see a precise decrease in his state of anxiety and a good possibility to accept the possibility of facing life with some more mature commitments; the intellective IQ has increased, while the impulse to escape from reality with fantasies of greatness has decreased.

Patient: G. M. Age: 20 years. Sex: Male. Driver.

Admitted to the clinic on January 20, 1969.

Description of initial clinical condition: On all his trunk, he presents lesions of different shapes, on an erythematous base, forming several whitish overlapping scales. There are also scaly erythematous lesions of stictacne. Some pruritus.

Diagnosis of the main disease: Psoriasis on the trunk.

I.Q.: 90-95.

Initial psychological profile: The patient shows insecurity in the extreme meticulousness with which he does the requested tasks. Perturbations in the affective sphere compromise his self perception as a human being, and even slightly affect his intellectual sphere. Also difficulties in social relationships can be noticed. A perturbation of organic origin is suspected. Tests: Bender, Machover, Roschach, free drawing.

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 10 mg per day for 18 days. No other internal therapy. Topical therapy with cade oil paste, cignoline in various dosages and cortisone creams.

Clinical picture after 11 days of therapy: Remarkable improvement of all the psoriasis lesions on his trunk. The pruritus has ceased.

Psychological profile after 11 days of therapy: He spontaneously affirms to have improved. In fact there is a slight change in the process of humanization of self perception, and also a slight improvement in the motorial and intellectual spheres. From the colors used in the free drawing we suspect daltonism.

Clinical picture at the end of therapy: He is discharged on December 11, 1969, clinically recovered.

Psychological profile at the end of therapy: The slight progress has continued, and can be mostly noticed in the expression of his intellectual possibilities.

Patient: A. P. Age: 58 years. Sex: Male. Railroad train engineer.

Admitted to the clinic on November 10, 1969

Description of initial clinical condition: He presents on his trunk and limbs several deep patches of china-white color and of variable size from a pea to a nut., also erythematous lesions of different shapes. Intense pruritus.

Diagnosis of the main disease: Diffuse urticaria.

I.Q.: 100

Initial psychological profile: The hospitalized patients shows insecurity in his capacities to solve a task he is facing, as if he feared that his aggressive impulse could prevail over his own possibility to structure inhibitory restraint. The consciousness of his insecurity causes a fluid psychological state and the inhibition of the possibility to establish good social relationships. Tests: Bender, Machover, Roschach.

Pharmacological therapy. Preparation used: Nobrium.

Daily dose, and length of therapy: 10 mg per day for 15 days. After 7 days a therapy with synthetic antihistamines is instituted, along with prednisone by mouth, hepatic extracts and Vitamin B complex.

Clinical picture after 7 days of therapy: With only Nobrium. The pruritus has decreased. Also the urticaria attacks have diminished.

Psychological profile after 7 days of therapy: It is possible to notice a slight regression from the intellectual point of view, while the aggressive instincts are being structured in a better correspondence with the external reality, and the insecurity has diminished.

Clinical picture at the end of therapy: After 15 days at the time of discharge, there are still irregular attacks of urticaria wheals. A therapy at home is prescribed.

Psychological profile at the end of therapy: The change that took place is not very noticeable, however, there is a slight improvement in the solution of the conflict between impulse and inhibition.

Conclusions

We already pointed out that the present investigation can only have a preliminary and orientation character. Therefore, it is simply a starting point for further and more in depth research.

As Cherpillod, Iorden and Dick rightly noticed, to determine the therapeutic value of an active substance on a patient at a given point of his disease evolution, it is necessary to take into account three variables, having a particular importance in the case of an outpatient: the environmental effects, the patient's specific reactions, and the different behavior of the physician. The direct effects of all these factors and their mutual interference is of such importance, that these factors by themselves can involve and determine various modifications which could have the same importance of the pharmacological effects of the product under examination, and which could have both favorable and unfavorable therapeutic effects.

The patients we studied were all hospitalized in the Dermatology Clinic of our University. On purpose, we excluded the outpatients. The patients were hospitalized in two small sections, and were constantly under the care of the same physician. The psychological examinations were performed by the same psychologist, by using the methods indicated above. In spite of all that, we realize that numerous factors are outside any research, even the most systematic research, and they can greatly modify the results. The same psychophysical processes we try to dominate and codify are under constant modification and mutation, and even the use of well proven methods could be insufficient (Cherpillod et al.)

Therefore, these initial conclusions must be evaluated with extreme prudence and a critical attitude, keeping in mind the purely indicative aim of the research.

Considering the possible changes taking place in the psychic dynamism of the hospitalized patients we studied, we could notice the prevalence of the positive effects (such as: greater elation, increased spontaneity in autoplasmic and alloplasmic communication, initial appearance of more stable personality structures, etc.) in the few cases of lack of even a slight improvement; whereas the cases of worsening of the psychic state could only amount to 0,45%.

We also must consider the low level of the dosage of the drug used, and the careful choice of the subject to be studied, in view of the extreme sensitivity of response to stresses of the persons affected by cutaneous diseases.

At the time in which we performed our research there were no publications on Nobrium. We used photocopies of works in the process of publication (mentioned in the article) kindly provided by Roche Corporation, that we gratefully thank.

SUMMARY

Istituto di Clinica Dermatologica dell'Università Cattolica di Roma (Director: Prof. F. Ormea)

F. Ormea and E. Mazzonis: Preliminary Clinical and Psychological Studies on a New Benzodiazepine Derivative (Nobrium) in Dermatoses.

[The summary is already in English]